

Prepare for Children's Mental Health Week 2023

Awareness → Acceptance → Action





— 2023: THE YEAR OF —

MENTAL HEALTH



GOVERNOR
TONY EVERS



Goal of Webinar:

- Provide talking points about mental health for communities, schools, organizations, policy-makers, and families
- Highlight graphics for use on social media, PowerPoint presentations, emails, virtual meetings, and more
- Inspire your efforts for Children's Mental Health Week 2023

Children's Mental Health Week 2023

May 7 – May 13

Awareness → Acceptance → Action

Resources for Children's Mental Health Week 2023

Awareness



Email Signature



Zoom Virtual Background



Press Release

Acceptance



Social Media

Action



Presentations



Letter to your Legislator



Activities List

Awareness:

**How Youth
Define
Mental
Health**

Health that has to do with mind and thoughts

How your heart and mind are feeling

How you think and how those thoughts affect you

The status of how your mind feels

*Mental health is how you outlook life and
how you cope through emotions, thoughts
and perspectives*

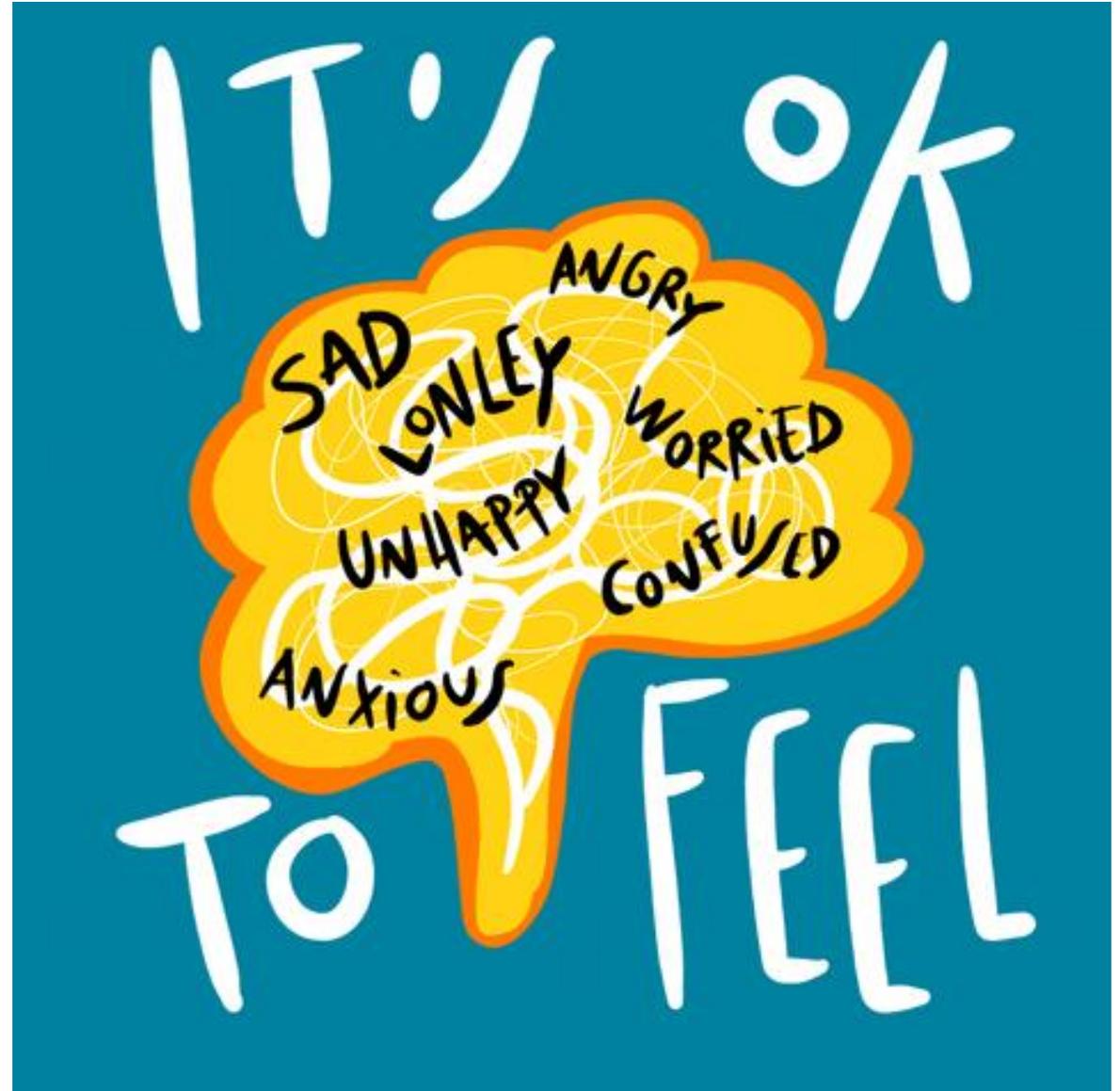


Wisconsin Teens

1 in 2 feel anxious

1 in 3 feel sad or
hopeless

1 in 4 girls seriously
consider suicide





Mental Health is not Mental Illness





Reframe to Mental Wellness





Acceptance

- Accept and understand that we all have mental health
- Accept that we all need to invest in our own wellness
- Accept that mental health and physical health are intrinsically linked and should be treated equally



Acceptance

- Coping skills can be taught
- Treatment can take many forms
- Treatment can work

Wisconsin Office of **Children's** Mental Health

Coping Skills

Adapted from *Coping Skills for Kids*

<h3>Calming</h3> <ul style="list-style-type: none">• Think of your favorite place• Think of people you care about• Deep breathing• Take a mindful walk• Remember the words to a song you love• Positive self-talk• Counting• Drink water 	<h3>Distraction</h3> <ul style="list-style-type: none">• Crossword/Sudoku puzzles• Random acts of kindness• Spend time with a friend• Play with a pet• Screen time• Bake or cook• Volunteer• Read• Clean• Laughter 
<h3>Physical</h3> <ul style="list-style-type: none">• Squeeze something• Shred paper• Bubble wrap• Make something• Use a fidget• Walk• Exercise• Dance• Stretch• Yoga 	<h3>Processing</h3> <ul style="list-style-type: none">• Talk to someone you trust• Write what's bothering you and throw it away• Write a letter to someone• Write in a journal• Write songs, poetry• Create a playlist• Draw, color 



Acceptance

- Share your stories of navigating hardship and finding mental wellness each and every day
- Reflect on how you've built your own resiliency through self-care
- Demonstrate acceptance of the mental health challenges others face





Action

Individual
Interpersonal
Institutional/Organizational





Individual Action – Advocate

- Write your legislator asking for ongoing sustainable funding for mental health in Wisconsin
- Children’s Mental Health Budget Priority List
 - Access
 - Continuum of Care
 - Youth Voice



Copy and paste our pre-written text into your email, or write your own version!



Individual Action – Tend to Your Wellness

- Walk in the sun
- Take a bath
- Practice stretching or breathing
- Sleep
- Reassess your screen time
- Explore a new book or music





Individual Action – Explore This Topic

- Read a book or listen to a podcast on well-being, resiliency, or social connectedness
- Learn about and support the organizations in your community supporting mental health and wellness





Individual Action – Continue the Convo

- Share a graphic or article on social media
- Speak about your personal connection to mental health
- Change your Zoom background or email signature to start a conversation



Interpersonal Action – Connect

- Start a conversation
- Practice active listening
- Affirm and validate
- Deepen the connection



Interpersonal Action – Support Wellness

- Stick to routines
- Foster social connections and volunteering
- Complete a [Mental Health Crisis Card](#)
- Check in using the [Feelings Thermometer](#)





7 Day Action Plan

	Sun., May 7	Mon., Mon. 8	Tues., Mon. 9	Wed., May 10	Thurs., May 11	Fri., May 12	Sat., May 13
Individual	Get ready! Plan your week of activities	Share a social media post – plan posts for the rest of the week	Speak about your personal connection to mental health	Learn about and support the mental health organizations in your community	Write your legislators asking for mental health funding	Tend to your wellness	Read about or listen to a podcast on well-being and relationships
Interpersonal	Check in with the Feelings Thermometer	Start the conversation	Practice active listening	Affirm and validate	Deepen the connection	Complete a Mental Health Crisis Card	Connect with a friend

Action in Communities

- Find the data on the health of youth in your community
- Host a Youth Mental Health First Aid training
- Light it Up Green
- Fundraise for local wellness organization
- Promote 988

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

HELP IS HOPE

TRAINED COUNSELORS,
CONFIDENTIAL & FREE

U.S. ARMY
WISCONSIN DEPARTMENT
of HEALTH SERVICES

The advertisement features a grid of six diverse individuals: a young woman with curly hair looking at her phone, a man with a beard in a plaid shirt, a woman with long dark hair writing in a notebook, a man in a military-style jacket, a woman in a white cardigan holding a dreamcatcher, and a man with a beard in a dark jacket with his arms crossed. The background is a solid blue color.

Action in Schools

- Incorporate social-emotional learning, mental health literacy, and stigma reduction into youth programming
- Provide universal mental health screening for all students
- Follow the School Mental Health Framework from DPI



Action in Schools

- Make space for teachers to speak about feelings with students
- Foster supportive adult connections with each student
- Shift responsibilities so school counselors are more available
- Promote resources available

Help Stop Mental Health Stigma



DID YOU KNOW?

Getting to know someone who is recovering from a mental health challenge helps eliminate stigma more than education alone



Action in Schools

- Reduce academic stress
- Start school later
- Offer Mental Health Sick Days
- Start a Peer-Led School-Based Wellness Program
- Authentically engage youth voice and follow their lead





Ideas from Wellness Program Student Leaders



- Health Fair
- Walk/Run Event
- QPR Training
- 988 magnets at sporting event
- Thankfulness and Worry Trees
- Sidewalk chalk messages
- Body positivity buttons
- Positive affirmations around school
- Therapy Dogs

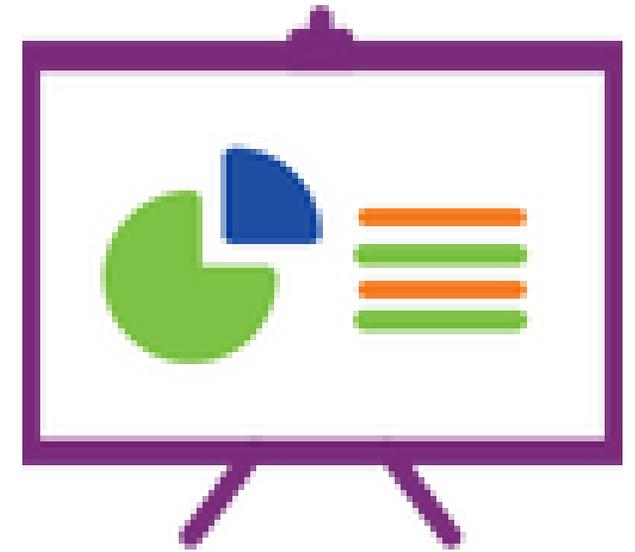
Action in Business & Organizations

- Trauma Informed Care for employees and those served
- Establish or expand Employee Assistance Program wellness offerings
- Offer Mental Health Sick Days
- Host a Wellness Fair



Action in Business & Organizations

- Speak with clients about mental wellness
- Connect with nearby youth-serving organizations
- Coordinate paid volunteer events
- Hire peer specialists
- Share Press Release or Letter to the Editor



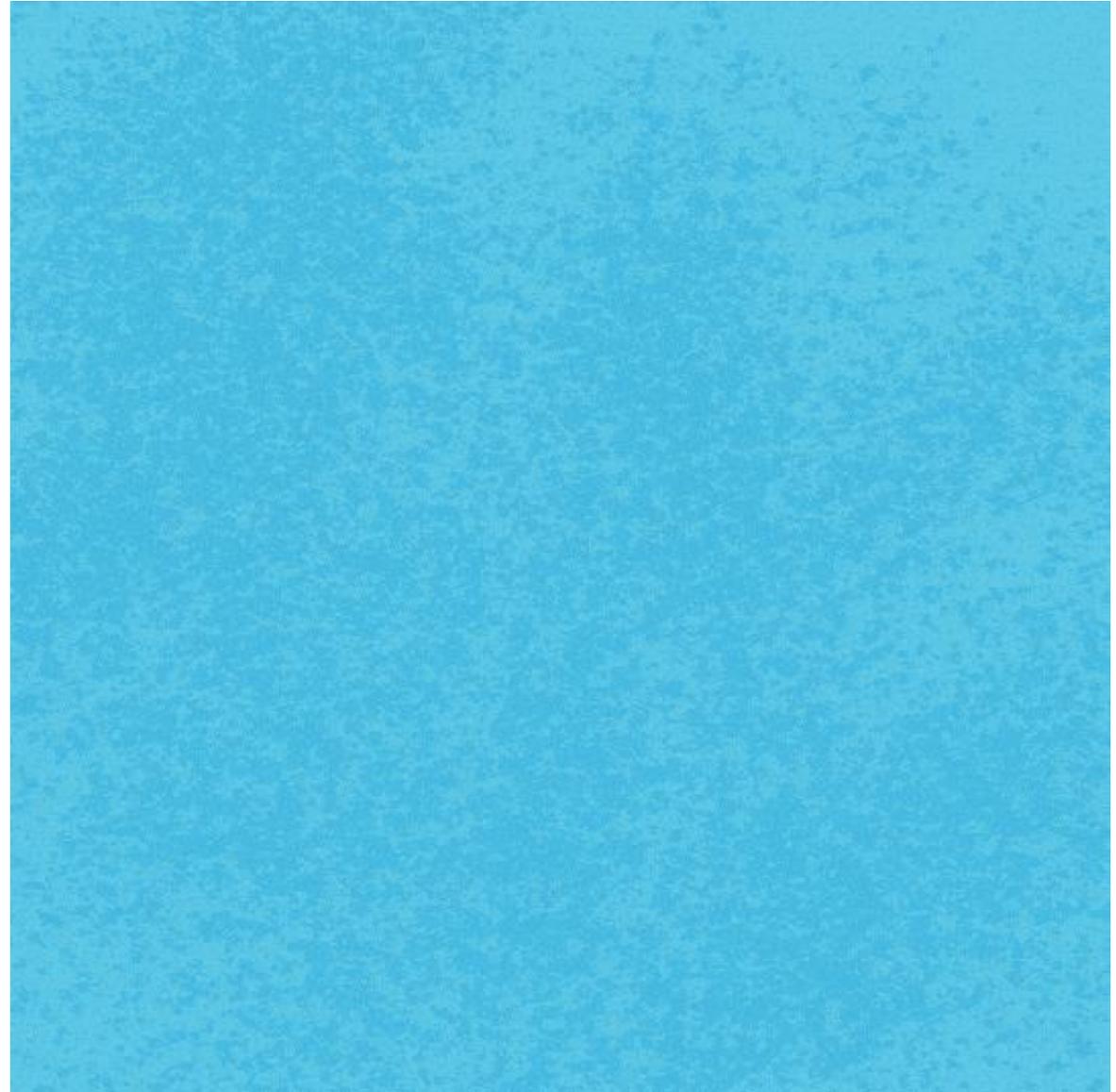
Action in Government

→ Children's Mental
Health Budget Priority List

→ Access

→ Continuum of Care

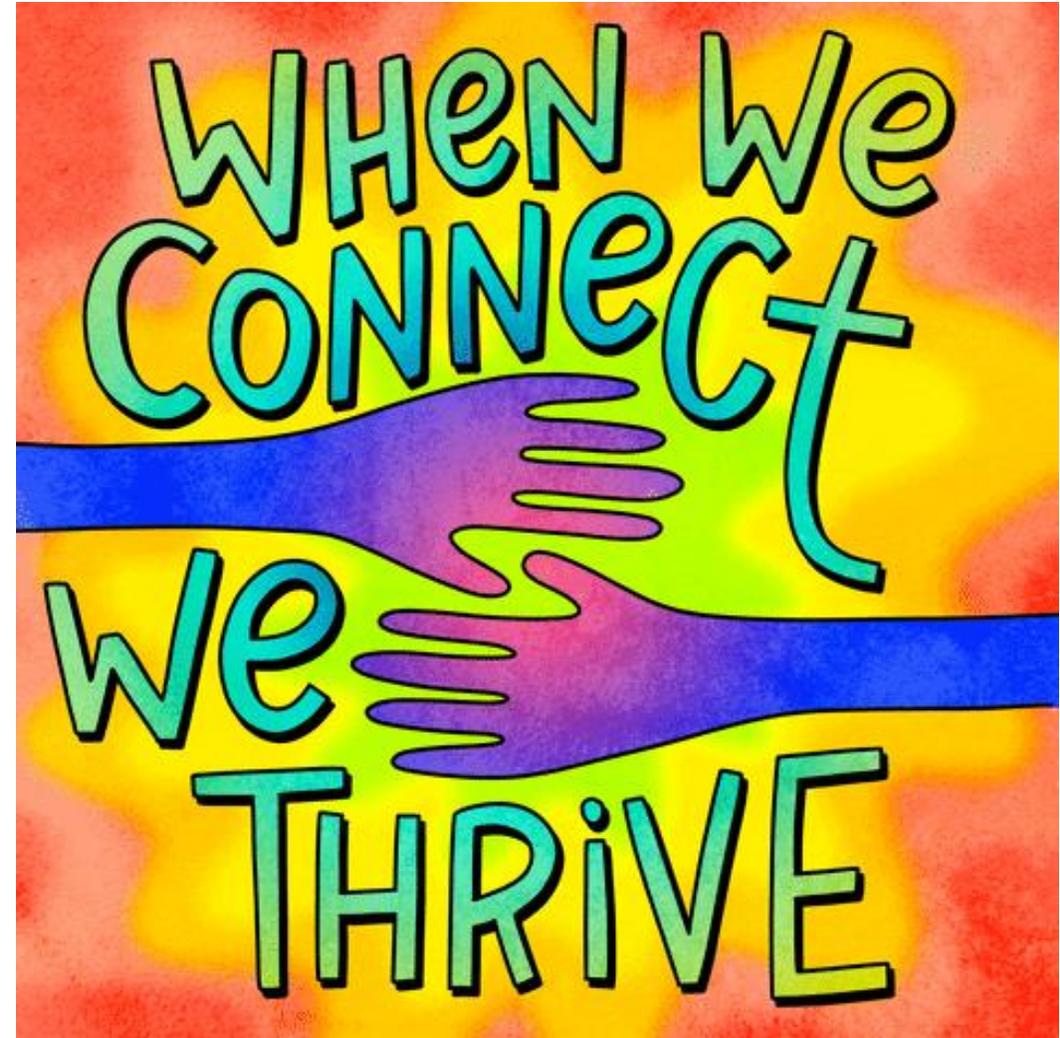
→ Youth Voice





Now is the Time

- Explore our [Toolkit on the OCMH website](#)
- Tell us about your local activities





Together we can make a difference





Connect With Us



Facebook:
OCMHWI



Instagram:
@YouthMentalHealthWI



Twitter:
@WIKidsMH



LinkedIn:
OCMHWI



Newsletter:
children.wi.gov



YouTube:
Wisconsin OCMH



Thank You!

